



## Class Information/Registration Form

This class, taught by Angela Garvin and Stacie Walker, will last eight weeks. Parents are encouraged to attend all classes and complete all between-class assignments and exercises so that they may feel as prepared as possible before facing the challenges and hard work of labor, birth, and parenting.

The next 8-week series **begins on October 14 and ends on December 9**. Classes are **Wednesdays from 6:45 to 8:45 p.m.** (no class Thanksgiving week). Classes will meet at Shine, located at 1860 Mellwood Ave. #182 (in the Mellwood Arts Center), Louisville, 40206. Please be on time, as we have a lot of material to cover. Dress in comfortable clothing and bring at least 2-3 pillows, since we will spend a lot of time on the floor practicing relaxation exercises and comfort techniques, and the seating can be uncomfortable without them. Also, feel free to bring snacks and water.

The fee is \$168, including an \$18 materials fee. **A \$50 deposit is required to reserve your space, with the balance due at the first class. Please make checks payable to Angela Garvin, and mail them to her, along with this completed form, at 5143 Craigs Creek Dr., Louisville, KY 40241.** (Note: Some insurance companies or flexible spending plans may reimburse you for childbirth classes; I am happy to provide a receipt, but it is your responsibility to ask about and file the appropriate paperwork for reimbursement.)

Today's Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ How did you hear about this class? Birth Care Network Friend/Other \_\_\_\_\_

Mother's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Health Status \_\_\_\_\_ Occupation \_\_\_\_\_

Birth Partner's Name/Relation to Mom \_\_\_\_\_ / \_\_\_\_\_ Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Health Status \_\_\_\_\_ Occupation \_\_\_\_\_

Address \_\_\_\_\_ City, State, ZIP \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Cell or Work ( ) \_\_\_\_\_ Email \_\_\_\_\_

OB/Midwife's Name \_\_\_\_\_ Where will you give birth? \_\_\_\_\_

Due Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Is this your first pregnancy? Yes No

How many other children do you have? \_\_\_\_\_ Birth history: \_\_\_\_\_ #Medicated \_\_\_\_\_ #Cesarean \_\_\_\_\_

Were there any complications with a previous pregnancy or birth? Yes \_\_\_\_\_ No \_\_\_\_\_

Have you had any problems or complications with this pregnancy? Yes \_\_\_\_\_ No \_\_\_\_\_

Are you planning to breastfeed? Yes No Undecided Are you familiar with La Leche League? Yes No

Are you planning to use a doula? Yes (Doula's Name \_\_\_\_\_) No Undecided

**The following is a list of recommended books. Please check any that you have already read.**

- The Thinking Woman's Guide to a Better Birth*, by Henci Goer
- Ina May's Guide to Childbirth*, by Ina May Gaskin
- The Birth Partner*, by Penny Simkin
- The Womanly Art of Breastfeeding*, by La Leche League International
- The Baby Book*, by William Sears, MD, and Martha Sears, RN
- The Complete Illustrated Pregnancy Companion*, by Robin Elise Weiss, LCCE, CD(DONA)